



CATHOLIC DISTRICT SCHOOL BOARD OF EASTERN ONTARIO

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MINUTES OF THE VIRTUAL SPECIAL EDUCATION ADVISORY COMMITTEE MEETING Wednesday, November 25th, 2020 – Meeting #1 Microsoft Teams – 6:00-6:29 p.m.

Present:

SEAC Members:

Sue Wilson (Chair), Trustee
Amanda Banfield (Vice Chair), Lanark
County Support Services
Karen McAllister, Trustee
Deena Shorkey, Cornwall Community
Hospital
Rob More, Rural FASD Support Network
Tom Jordan, Family and Children's Services
of Lanark, Leeds and Grenville
Shelley More, Rural FASD Support Network
(Alternate)

Approved Regrets with notification:

Karen Moore, Open Doors for Lanark
Children and Youth

Board Resource Staff:

Norma McDonald, Superintendent of School
Effectiveness
Heather Gerber, Principal of Special Education
Heather Bovey, Coordinator of Special
Education
Vicki Storaas, ABA Expertise Professional

Guests:

Deborah Terrance, Consultant, Mohawks of
Akwasasne
Christina Hatchard, Parent, St. Patrick,
Rockland
Karie Hartle-Poirier, Parent, St. Mary-
St. Cecilia, Morrisburg
Rhonda Peterson, CUPE

Meeting Called to Order

Sue Wilson (Chair) called the meeting to order at 6:00 p.m. and welcomed all members and guests.

Opening Prayer

Heather Gerber led the group in a prayer entitled, "*Taking a Moment to Pray*".

I. Approval of Agenda

Moved by: Deena Shorkey

CARRIED

II. Sharing October 28th, 2020 Minutes

SEAC minutes were electronically approved on November 6th, 2020.

Motion:

To receive minutes as presented.

Moved by: Amanda Banfield

CARRIED

III. Presentation: “Self-regulation” by Vicki Storaas, ABA Expertise Professional

Information was shared based on the work of Dr. Stuart Shanker. Dr. Shanker created the Merritt Centre as a resource for parents and educators. The Shanker method is a framework based on our behaviour and how stress affects us. It dives into the neuroscience of stress and how we can further develop self-regulation skills in ourselves and others.

Shanker reminds us that there is no such thing as a “bad kid” and that we need to look at children differently to best support them. *“If you see a child differently, you see a different child.”* It gives us a new perspective on why behaviour happens. He asks us to look at how relationships with others, development, arousal levels, learning, attention, behaviour and the affects of stress drive behaviour.

The framework supports looking through the lens of self-regulation not self control. By determining where the stress originates, and providing strategies to relieve it, we can decrease stress for children and adults and improve behaviour. We can help them recognize their stress and respond pro-actively to the internal cues. We can be pro-active and provide strategies when students are calm.

One in five children/youth in Ontario have a mental health challenge. Teaching regulation can help to reduce stress and decrease anxiety, depression, addiction, self-harm, suicide ideation, influence and physical health as well. Learning is optimal when students are calm.

CDSBEO trained staff on the topic of self-regulation in the Spring and the feedback was very positive. All staff are looking for more training to better understand the topic and to be able to articulate what our students need to be successful.

Vicki ended by sharing the resources CDSBEO is using (Calm, Alert, and Learning and Self-Reg by Stuart Shanker). She shared links to the Merritt Centre and to the Canadian Psychology Association.

IV. Motion to Adjourn the Meeting

Moved by: Rob More

CARRIED

CDSBEO SEAC Quorum Tracking

	Trustee / Chair	Trustee	Rural FASD Support Network	Lanark County Support Services	Cornwall Community Hospital	Open Doors for Lanark Children and Youth	Family and Children Services of Lanark, Leeds and Grenville	Assoc. for Community Living *Resigned September 30 th , 2020	Member-at-Large (vacant)	Total
August 26 th , 2020	P	P	P	P		P				5
September 30 th , 2020	P	P	P		P	P				5
October 28 th , 2020	P	P	P	P		P				5
Nov 25 th , 2020 – Meeting #1	P	P	P	P	P		P			6
January										
February										
March										
April										
May										
June										

*New 4-year term of office effective December 1st, 2018.
 (4 members are required to be in attendance in order to reach Quorum)*